

Hello my name is Jessica Ferreira. I live at 75 Martin Luther King Dr. apt 309 in New Britain CT. I am a 21 year old with a multiple mental illnesses. They include Depression, PTSD (post traumatic stress disorder) and an eating disorder. I also have an Anxiety disorder. I am here today to testify about the raise on co pays for medications and how it will affect me. I have had a mental illness since I was 15 years old and its' been hard for me. I ended up in the hospital multiple times. Being in the hospital my meds was being taken care of, but when I got out of the hospital that changed drastically. Some of my med were covered but others would come with co pays that sometimes I couldn't afford. Living on a low income it was hard to balance meds with bills. Sometimes I wouldn't even take my medication because the daily bills were too high. But sometimes the co pays were higher than the bills.

I take medication for my anxiety, because sometimes I have very bad anxiety attacks. One day I couldn't afford my anxiety meds and that night I had a very bad anxiety attack and didn't have my meds to calm me down. So I ended up in the hospital. They gave me the meds I needed but it was kind of ridiculous that I had to go to the hospital to get them. But the worst part was when the doctor gave me a prescription for the med that I couldn't even fill because it was a co pay that was unaffordable. So the next day I went to see my APRN and he had to prescribe me a medication that my insurance would cover. I was happy but then upset at the same time because one of the side effects of the medication was weight gain. So I fixed one problem but landed myself with another. There was another incident when I had an infection and needed an antibiotic my insurance wouldn't pay all of it so I had another co pay. Because the co pay was too high I almost had a kidney infection.

Adding up all the co pays I have so far it's about a hundred dollars. Some of my medical issues and psych issues, some of you can agree with me can be very costly. Sometimes I find myself having a hard time getting by. Especially one night when I had a psychotic break. I didn't have my meds for three weeks or more because I was waiting to save up money so that I could pay for the medication. I got so depressed, I ended up in the psych ward for trying to kill myself. As you can see or know that psych meds are very important to have. I think that if people were able to get their psych or medical medicine, hospitals and clinics wouldn't be so busy. I think there would be enough beds for people. I remember waiting in the E.R. for 3 days before I went into the psych ward.

Not having my meds has had a big impact on my life at times. I lost a lot of relationships because of my mood going up and down and had problems organizing my thoughts and sometimes stayed isolated for days. Some people would worry about me but I would push them away. Sometimes without knowing I was. One time I spiraled downward so fast that I isolated myself for two weeks. I didn't eat and that's when I developed my eating disorder. All because I didn't have my medication.

I think that if you raise the co pay of medications people will not be able to purchase their meds. Hospitals will be filled up and clinics too. We probably would lose a lot of nurses due to the stress of the abundance of people that came through. I also think that if you raise the co pay price suicide and death rates will probably go up, meaning funeral homes will be very busy. I think there might be more violence and crime and more people being arrested for stealing or breaking into places to steal. Because people go bankrupt due to

trying to pay for doctors, meds, daily needs and children. So from all I said you can probably see all the negative things that raising co pays can do. I hope you take this into consideration when you make your decision.

THANK YOU